

How do I incorporate time-out as part of my disciplinary routine?

Time-outs allow parents to discipline their children without resorting to hitting or yelling. When parents remain calm and use non-physical discipline, they set an example for children to learn how to control their behavior and emotions. Time-outs provide children with an opportunity to calm down and separate from the situation. When children misbehave, parents are encouraged to find a quiet, neutral place where they can sit and remain until the time-out is over. If possible, try to remain consistent in using the same area. Children should be placed in time-out for a minute per their age. It's important that parents clearly communicate why the child is being placed in time out so that they learn that their actions were unacceptable. Your child may not initially listen when asked to remain in time-out. It's imperative that parents remain consistent and continue to redirect their children back to time-out. It's okay to sit with your child if this helps, but there should be no interaction; remember this is a punishment.

Once the time-out is over, allow your child to go back to what they were doing. Praise your child for regaining control and correcting their misbehavior. Positive reinforcement helps further curve misbehavior and reduces the amount of times your child may need to be placed in time-out for the same behavior. Time-outs help children regain self-control and provide parents with a small break.